

STRUCTURED TEACHING PROGRAM ON THE KNOWLEDGE OF MOTHERS OF “UNDER FIVE CHILDREN” ON MALNUTRITION

* Pankaj Kale, M.Sc.(N), ** Aradhana Michael, M.Sc.(N),

*** Dr. G.C. Haridas, M.B.B.S.

Abstract

A pre experimental study to assess the effectiveness of structured teaching program on the knowledge of mothers of “under five children” on malnutrition in selected Anganwadi of Indore.

A one group pre-test posttest design was adopted for the study. The population comprised of 50 mothers whose children were attending Anganwadi. A purposive sampling technique was used to select the samples.

Structured interview schedule was developed for data collection. The Reliability of the tool was calculated using Split half method, Karl Pearson's correlation formula found that tool was reliable ($r=0.82$). The results of the study showed that 86 % samples scored good knowledge. There was significant difference between pre-test and post- test knowledge score of mothers ($t_{99}=11.84$), $p\leq 0.05$.

Malnutrition grading was assessed using wheech formula and graded the children as per Gomez classification. More number of female children in each grade were suffering with malnutrition. The study will be helpful to raise awareness among student nurses, educators, and community leaders.

Key Words: Malnutrition, Anganwadi, under five children

Background

Malnutrition among children is a major health and social problem, especially in developing countries. It affects almost 800 million people globally and 20% of all in the developing world. In Madhya Pradesh, 63% of children are malnourished. Indore is one of the largest cities of MP, considered as financial capital of state, yet a study done by “Kuposhan Nivaran Abhiyan” found that 47.13% of children had PEM in Indore in the year 2003.

In the state of M P, many children died due to the complications of malnutrition specially in the districts of Satna and Khandwa. (Nai Dunia, 23rd Sept. 2008). Under Bal Shakti Yojna hundreds of children got admitted in Chacha Nehru Hospital with grade 3 and grade 4 malnutrition. In 2007, 843 children were admitted with malnutrition, out of which 739 were in grade 3 and 104 were in grade 4 malnutrition. IMR of MP in 2007 was

76/1000 live births. Some of the anganwadis are not easily accessible to children and pregnant and lactating mothers. Sometimes the food supply in the anganwadi is not sufficient. (Nai Dunia, 27th Aug. 2008). So this current scenario led the researcher to select this topic to create awareness about malnutrition among mothers, concerned authorities and the general community.

Problem Statement

“A pre experimental study to assess the effectiveness of structured teaching program on the knowledge of mothers of “under five children” on malnutrition in selected anganwadi at Indore.”

Objectives

- 1.To assess the knowledge of mothers of “under five children” regarding Malnutrition.
2. To find out association with pretest knowledge score of mothers of “under five children” regarding malnutrition with selected demographic variables.
3. To evaluate the effectiveness of structured teaching program on the knowledge of mothers of “under five

* Pankaj Kale, M.Sc.(N)

Lecturer, Pravara Institute of Medical Sciences, College of Nursing,Loni, Ahemadnagar

Email: pankajkale4u@yahoo.co.in

** Aradhana Michael, M.Sc.(N)

Asso. Professor, Choithram College of Nursing, Indore

*** Dr. G.C. Haridas, M.B.B.S.

Principal, Regional Health and Family Welfare Centre, Indore